

# FAST FACTS



Depression affects  
approximately twenty million  
Americans

The average age of  
Depression onset is thirty  
years

A person with Depression can  
not just "get over it"

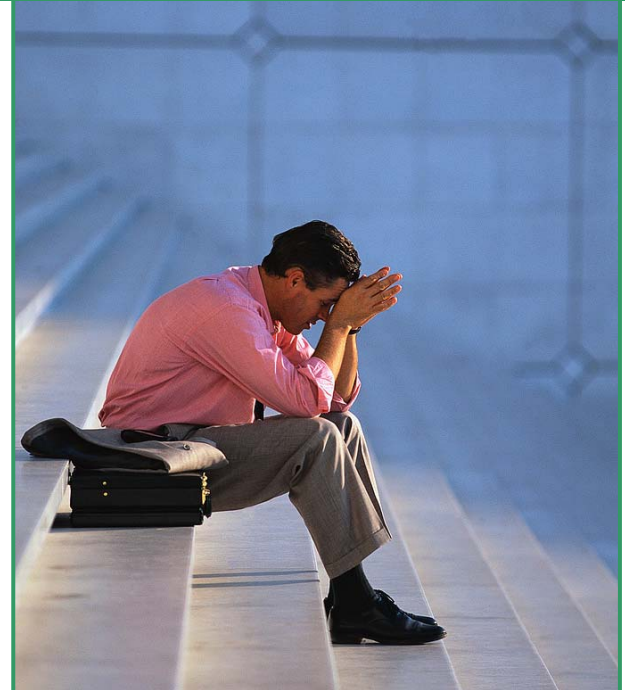
Suicide Prevention  
lifeline:  
1-800-273-8255



101 S.E. Third Street  
Evansville, IN 47708



## DISEASE MANAGEMENT LINK *to Better Health*



### Emotional Health

*Providing support to help  
you better manage  
your health & well-being.*

By



# TIPS FOR A HEALTHY MIND

## What Depression Is:

- A MEDICAL illness
- A very treatable condition

Depression may cause persistent feelings of sadness, anxiety, guilt, hopelessness, worthlessness, and helplessness. There may be a loss of interest or pleasure in activities once enjoyed. These symptoms last for weeks or longer and prevent normal functioning. Everyone involved with a person experiencing depression is effected by the symptoms.



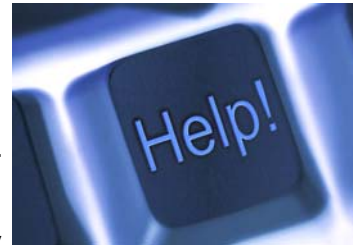
## What Depression is Not:

- A sign of weakness
- A made up condition

Depression is more than feeling sad or blue for a few days. It is not a normal part of aging. A person does not choose to be depressed. It cannot simply be wished away, but often requires treatment (which may include medication and psychotherapy).

## What Can You Do?

If you are experiencing the signs of depression, it is very important to talk to your doctor. The symptoms could indicate a different medical condition, such as a thyroid disorder. It is also very important to take your medication as prescribed, and to talk to your doctor before stopping. You may try to force yourself to be with friends, participate in social engagements, and seek opportunities for physical activity. These activities can help control symptoms. Keep in mind that feeling better won't occur immediately but is a gradual process that may take several weeks after starting treatment!



## Welborn Health Plans Disease Management

For questions about depression, or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265. Inclusion in mailing is based on claims data and does assume presence of diagnosis. This publication is not meant to replace the care or advice of your primary care provider.

If you wish to discontinue receipt of educational material, please call 800-521-0265.



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